

GROUP FITNESS SCHEDULE

MARCH 2018



B - BEGINNER [] I - INTERMEDIATE [] A - ADVANCED [] V - VARIOUS (INTENSITY)

STUDIO 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
	SPIN CHALLENGE ERIN 7AM TO 8AM (A)		SPIN CHALLENGE JACYLN 7AM TO 8AM (V)			
SPIN CHALLENGE BARRY/CRYSTAL 8AM TO 9AM (V)	TOTAL BODY CONDITIONING JAMES 8AM TO 9AM (B)	PILATES CIRCUIT SERENA 8AM TO 9AM (I)	YOGA FLOW YVONNE/NAOKO 8AM TO 9AM (V)	H.I.L.T SYED 8AM TO 830AM (A)		
BEGINNERS' PILATES MATWORK AMANDA 9.05AM TO 10.05AM (B)	SPIN INTERVAL BEN 9.05AM TO 10.05AM (V)	PUMP IT UP BEN 9.05AM TO 10.05AM (A)	YIN YOGA YVONNE/NAOKO 9.05AM TO 10.05AM (V)	PUMP IT UP JERRY 9.05AM TO 10.05AM (V)	SPIN INTERVAL BEN 9AM TO 10AM (V)	CORE CHRISTINE 9AM TO 10AM (I)
A.B.T. JERRY 10.10AM TO 11.10AM (I)	PILATES CORE NAOKO 10.10AM TO 11.10AM (I)	TOP 40 DANCE JERRY 10.10AM TO 11.10AM (V)	A.B.T. JAMES 10.10AM TO 11.10AM (I)	LATIN JAM JERRY 10.10AM TO 11.10AM (V) *NEW CLASS*	SPIN CHALLENGE ERIN/JACYLN/CRYSTAL 10.10AM TO 11.10AM (A)	BOOT CAMP LOCK 10.05AM TO 11.05AM (A)
HATHA YOGA SERENA 11.15AM TO 12.15PM (B)	ZUMBA® ERICH 11.15AM TO 12.15PM (V)	YOGA STRETCH & RELAX YVONNE 11.15AM TO 12.15PM (V)	STRETCH & RELAX LEWIS 11.15AM TO 12.15PM (B)	ZUMBA® SUHAIMI 11.15AM TO 12.15PM (V)	YOGA STRETCH & RELAX SERENA 11.15AM TO 12.15PM (I)	KICKBOXING LOCK 11.10AM TO 12.10AM (A)
EVENING CLASSES						
	YOGA JANE 7.00PM TO 8.00PM (I)	PILATES NAOKO 6.15PM TO 7.15PM (I)	ZUMBA® PARTY SUHAIMI 6.45PM TO 7.45PM (B)	KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 6.00PM TO 7.00PM (V)		

STUDIO 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KETTLEBELL TRAINING (BEGINNER) LEWIS 9.05AM TO 10.05AM (B)	LO IMPACT AEROBICS SERENA 10AM TO 11AM (B)		TRX CIRCUIT TRAINING ASRI 9.10AM TO 10.00AM (A)		DYNAMIC FITBALL SERENA 1000AM TO 1100AM (I)	KARATE (NOT INCLUDED IN UFF) LAI KUM HUNG 9.30AM TO 11.1AM (V)
			PILATES MELVYN 7PM TO 8PM (B)			

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V)		DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V)	DEEP WATER RUNNING ERIN 8.30AM TO 9.30AM (V)		

GYM (free for all @ Studio 2)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ABS & CORE GYM INSTRUCTOR 10.10AM TO 10.25AM (V)		ABS & CORE GYM INSTRUCTOR 10.10AM TO 10.25AM (V)		ABS & CORE GYM INSTRUCTOR 9.30AM TO 9.45AM (V)		

ULTIMATE FITNESS FEAST SCHEME: \$98 for unlimited classes or \$20 per session (excluding GST).
The Management reserves the right to amend the Group Fitness Schedule whenever necessary.

ONGOING ACTIVITIES AT MPH						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*YOGA (ADVANCED) MARGARET 8.30AM TO 9.45AM (A)				COMBAT FITNESS (INCLUDED IN UFF) MELVYN 9.00AM TO 10.00AM (A)		TABLE TENNIS SOCIALS 8.30AM TO 11AM
ZUMBA® (INCLUDED IN UFF) MIKO 10.30AM TO 11.30AM (B)			*YANG TAIJIQUAN/ STRETCHING EXERCISES WONG LC 1030AM TO 11.30AM (V)	DYNAMIC YOGA (INCLUDED IN UFF) MELVYN 10.05AM TO 11.05AM (I)	*TAIJI FAN WONG LC 9.45AM TO 11AM (V)	TABLE TENNIS SOCIALS 8.30AM TO 11AM
					*DAYAN QIGONG WONG LC 11.30AM TO 12.45PM (V)	
		TABLE TENNIS SOCIALS 6PM TO 9PM	*INTERMEDIATE FOXTROT SAM FONG 8PM TO 9PM (I)	LADIES SELF DEFENCE (NOT INCLUDED IN UFF) LAI KUM HUNG 4.50PM TO 5.50PM (V)	*TAEKWONDO (BEGINNERS) PATRICK 4PM TO 5PM (B)	*BEGINNER LATIN CHA CHA LOUIS NG 4PM TO 5PM (B)
*WING CHUN KEN LIM 7.30PM TO 9PM (V)			*INTERMEDIATE RUMBA SAM FONG 9.15PM TO 10.15PM (I)	TABLE TENNIS SOCIALS 6PM TO 9PM	*TAEKWONDO (INTERMEDIATE / ADVANCED) PATRICK 5PM TO 6.30PM (V)	*BEGINNER LATIN CHA CHA LOUIS NG 5.15PM TO 6.15PM (B)

*Ongoing Activities are not included in the Ultimate Fitness Feast scheme. Monthly charges apply for ongoing activities except Table Tennis Socials. Schedule correct as at time of print.